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‘It’s so wonderful’



KEVIN TUONG/FOR METRO

Stephanie Harpe lost her mother, but after years pushing for an **inquiry into missing and murdered indigenous women**, she’s now found hope.

Full coverage in today’s Metro.

Harpe: ‘My heart is beating so hard’ P. 8

Background: What is the inquiry? P. 8

Ottawa: A historic announcement P. 12

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U of A won't try to reclaim dodgeball world record

GUINNESS

Growing costs put an end to massive game



Andrea Ross
Metro | Edmonton

Dodgeball might break many things at the University of Alberta, but it won't be breaking any more international records.

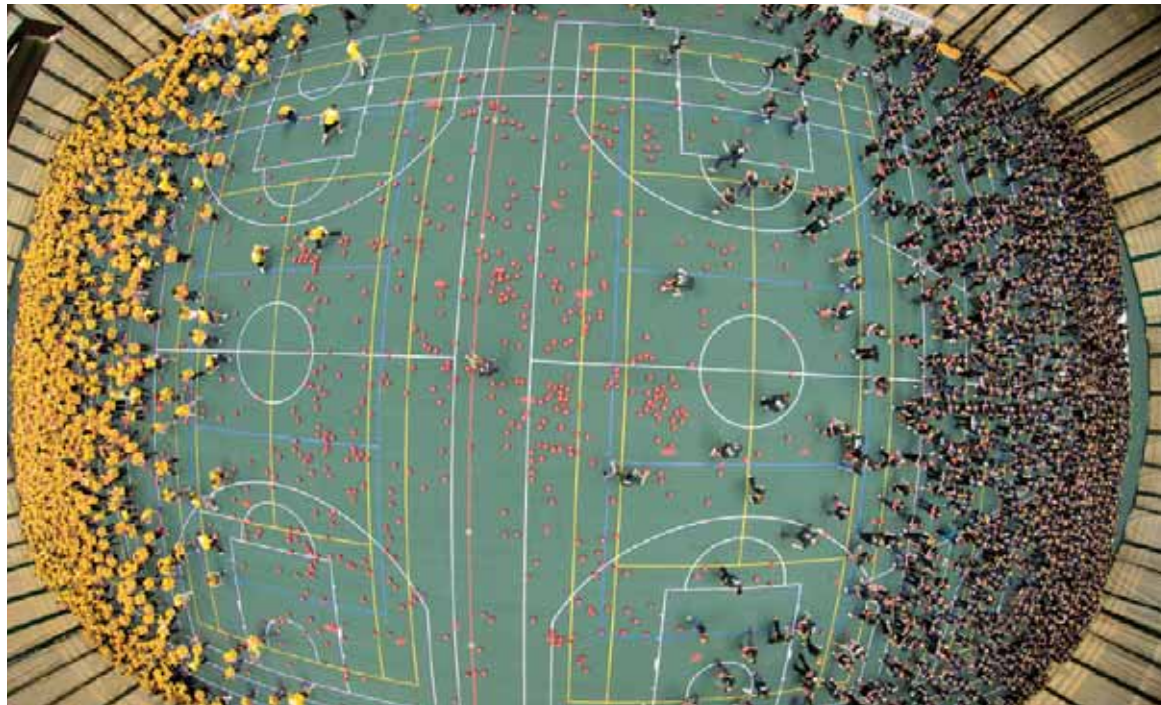
In 2010 and 2012, the university held the Guinness World Record title for the largest game of dodgeball when thousands of students jammed the Butterdome for a friendly game.

They were defeated both times by the University of California, Irvine — most recently in September 2012, when that school mustered 6,084 players for one game.

But because of ballooning costs and logistical constraints of hosting the massive event, the U of A has no plans to challenge the record.

"I think this year is a good time to let it just completely die off, just leave it on a good note," students' union vice-president Vivian Kwan said of the dodgeball game. "We had a good few years."

Kwan said the event, called Break the Record, costs about



The University of Alberta last hosted a Break the Record dodgeball game in 2012. CONTRIBUTED/UNIVERSITY OF ALBERTA STUDENTS' UNION

\$100,000 to host. Most of the money comes from sponsorships and grants, but \$40,000 in production and marketing costs are covered by the union.

The idea was axed in the summer, Kwan said, when sponsors and students' union council members questioned

where the line should be drawn.

"They were curious about how financially sustainable it is to continue to host this event," Kwan said. "We need up to 7,500 students to participate, and where does it really end?"

"We can't justify ourselves

spending \$100,000 on a one-time event without knowing if ... we'll keep the record. They did acknowledge there is a need for money elsewhere."

Kwan said a portion of this money will instead be spent on mental health awareness and other student services.

Other opportunities exist

for dodgeball enthusiasts on campus — more than 100 teams participated in the Campus Cup last month, the U of A's annual dodgeball tournament, Kwan said.

"Dodgeball is still alive, just in a different way," she said. "It's a tradition, pretty much."

ARTS

Gallery unsure of what's to come



Ryan Tumilty
Metro | Edmonton

The Enterprise Square Art Gallery is mulling its next steps after councillors declined to give it more funding during budget decisions last week.

The city has supported the gallery on Jasper Avenue in the University of Alberta's Enterprise Square building with \$240,000 a year for the last three years, but it decided not to renew that funding.

Coun. Ben Henderson had initially put forward a motion to give the gallery \$340,000 a year but withdrew it "with great regret" during budget talks.

Janine Andrews, the University of Alberta's executive director of museums, who oversees the gallery, said the organization is still trying to figure out its next steps.

She said programming in the space was just starting to hit its stride.

"They were just really starting to gain traction and become very popular with the people downtown, but also with local artists that didn't have a venue," Andrews said.



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HEALTH CARE

AHS names interim president and CEO

Alex Boyd
For Metro | Edmonton

Alberta Health Services announced Dr. Verna Yiu Tuesday as its interim president and CEO as of Jan. 11, 2016.

Yiu takes over the role left by departing CEO Vickie Kaminiski, who resigned last month.

Yiu will be AHS's eighth CEO in seven years.

"I am excited to take on this role and to continue to work with our valued partners and stakeholders in improving health care in Alberta," Yiu said in a statement.

"AHS is an incredible health care organization with committed staff, volunteers and physicians who provide excellent health care 24 hours a day, every day of the year."

Yiu joined AHS in 2012 and is currently the vice-president of quality and chief medical officer.

Before coming to AHS she was the interim dean of the faculty of medicine and dentistry



Dr. Verna Yiu CONTRIBUTED

"I am excited to take on this role and to continue to work with our valued partners."

Dr. Verna Yiu

at the University of Alberta.

She's a graduate of the University of Alberta and Harvard and is also a professor of pediatrics at the U of A.

IN BRIEF

Minister says Alberta is doing its share for climate

Alberta's environment minister says the province is doing its share to fight climate change, even under more stringent limits.

"We have unveiled a robust package of policies that we believe signals our willingness to do our part," Shannon Phillips said Tuesday from Paris, where she is attending an international climate conference.

Her federal counterpart in Paris, Catherine McKenna, appeared on Tuesday to endorse a global goal of keeping rising temperatures to within 1.5 degrees of pre-industrial levels — lower than the previous goal of two degrees. THE CANADIAN PRESS

day from Paris, where she is attending an international climate conference.

Chris Greaves' game jersey is still missing

GREY CUP

Player asks for public's help after forgetting gear in a cab



Andrea Ross
Metro | Edmonton

There's not much Edmonton Eskimos offensive lineman Chris Greaves could have asked for after winning the Grey Cup — except for getting his game-winning jersey back.

Greaves left the jersey in the back seat of a Co-op taxi on the evening of Dec. 2, when the cab dropped him off near Whyte Avenue.

He was walking around a mall about 20 minutes later when he realized he'd left the jersey in the car.

"I was mortified," Greaves said. "I had just finished dropping some stuff off and as soon as I finished, my heart sunk. I was absolutely devastated."

Greaves had to drive back home to Winnipeg the next day. Elizabeth Aquin, his fiancée, quickly turned to social media to ask for help to find the treasured garment.

But almost a week later — and despite what Aquin describes as a "ton" of help from the public — there's still no sign of it.

Aquin said the couple called

Co-op Taxi numerous times to see what could be done.

A woman from head office was apologetic, she said, and explained the driver never saw the jersey at the end of his shift, but that he picked up five men coming from an Oilers game right after he dropped Greaves off.

Co-op Taxi has managed to contact all but two of these men, Aquin said. The company would not comment for this story.

"I feel like we've done everything we can at this point," she said.

"It's somewhere out there, someone has it. As much as they think it's valuable to them, it's so much more valuable to Chris."

Greaves said the green and gold jersey is much longer and made of different material than a fan jersey — it has short sleeves and has the number 62 written in marker on a tag inside.

"It means a whole lot," he said. "It's a pretty rare opportunity to get to play in a Grey Cup and even rarer to win one, so to me that jersey symbolizes everything."

"It would be really nice to have it on the wall so I can tell my kids, my grandkids and everybody else."

Anyone who may have found the jersey can contact Greaves on Twitter at @GreavesChris, or leave it at the Edmonton Eskimos office.



Eskimos player Chris Greaves is looking for this jersey, which he wore during his Grey Cup win, after losing it in Edmonton last week. COURTESY ELIZABETH AQUIN



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App helps residents in need

TECHNOLOGY

Software makes it easier to find the necessities



Andrea Ross
Metro | Edmonton

A new app is making finding food, clothing, shelter and services like mental health support a little easier for Edmontonians in need.

The first of its kind in Canada, LinkYEG.ca is a website and cellphone app that compiles information on resources, like the Hope Mission shelter, the Edmonton Food Bank, and legal and counselling services, with real-time information on how far away a resource is and its hours of operation.

More than 90 per cent of Edmonton's vulnerable populations have cellphones, and the app makes it much easier to have vital information on the go, Canadian Mental Health Association executive director Ione Challborn said.



CMHA's Ione Challborn demonstrates the new LinkYEG.ca app. ANDREA ROSS/METRO

"We always think that people who live in poverty don't have phones, but a high number do," Challborn said. "This app will benefit every-

body — everyone can use it. It's already out there, it's already being used."

The app was developed at a BetaCityYEG hackathon last

spring through a partnership with CMHA Edmonton and EndPoverty Edmonton.

It's based on a prototype first used in San Francisco.



We always think that people who live in poverty don't have phones, but a high number do.

Ione Challborn

The app and website can be accessed on any cellphone — including older models that aren't considered smartphones — and includes a searchable database with nine categories of services.

The app details services available in central Edmonton, from the river north to Yellowhead Trail, west to 124 Street and east to 75 Street.

The boundaries could be expanded in the future, and the app's developers are asking for public feedback.

"The purpose of LinkYEG.ca is to provide access to resources that people may have available, but don't know where they are," app developer Eugene Chen said.

"It's a quick and easy way to be able to find the resources around you, right now."

Chamber calls for caution



Braeden Jones
Metro | Edmonton

The Edmonton Chamber of Commerce is calling for improved use of tax dollars after the city approved new year-over-year increases in its budget last week.

Chamber president Janet Riopel called for a tax freeze before the city settled on raising taxes by 3.4 per cent in each of 2016 and 2017 and 4.8 per cent in 2018.

"We were encouraging the (city) to take the same action businesses are being forced to take and strive for no increases," she said, adding she was pleased to see some action taken to reduce spending.

Riopel said the city's decision to comprehensively review its programs and services is a good first step for finding savings, though one she wishes was completed before the budget process.

She's hoping the city will work with other orders of government to pursue a fiscal framework less dependent on new taxes and more on "transferring tax dollars already being paid."

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Launch of federal inquiry 'wonderful': Songwriter

INDIGENOUS AFFAIRS

Singer's mother was killed in unsolved case

Alex Boyd
For Metro | Edmonton

For Stephanie Harpe, the federal government's announcement Tuesday that it's launching an inquiry into missing and murdered indigenous women means a chance at peace.

"It's so wonderful," she said. "My heart is beating hard right now just talking about it, I'm flabbergasted."

"In the name of my own mother, I'm happy for her and all these women I've known."

The Edmonton songwriter and actress is known for her rock n' roll band and her string of appearances on APTN's Blackstone. But when she was a teenager her mother was beaten to death in Edmonton. The case was never solved.

For a long time the lack of progress on her mother's case made her feel "disposable," she said.

"It affected me, and my brother and my father very, very deeply. It's like a ghost that never goes away," she said.

On Tuesday the federal government announced the first phase of an inquiry into the nearly 1,200 aboriginal women who have been murdered or have gone missing in Canada over the last 30 years.

Justice Minister Jody Wilson-Raybould outlined plans to hold meetings across the



Edmonton songwriter and actress **Stephanie Harpe** welcomes the federal inquiry into missing and murdered indigenous women, and hopes it results in healing and peace for indigenous communities. KEVIN TUONG/FOR METRO

“For a long time we felt like nobody cared.”
Stephanie Harpe

country with family members of victims, front-line workers and indigenous women's organizations.

For Harpe, the focus on the family members left behind is significant.

For years she poured her story into music. She's sung at

benefit events across the province and wrote a track on Colours of My Life, a compilation written to raise awareness of missing and murdered indigenous women that was nominated at the Native American Music Awards in 2010.

But she's eager for the issue to get the exposure only a public inquiry can bring.

"To give an inquiry that kind of power, and to have it on that level, really shows to us that they care," she says. "It would mean we can move forward."

"For a long time we felt like no one cared."

MMIW

Number of missing, murdered high: Study

The number of missing and murdered indigenous women and girls in Canada is disproportionately high.

According to the Native Women's Association of Canada, between 2000 and 2008, indigenous women and girls represented approximately 10 per cent of all female homicides in Canada, while making up three per cent of the population.

The last few years have seen a growing number of marches and rallies calling for an inquiry.

"I think in the past couple of years, because of the help of the media and social media, and grassroots movements like Idle No More things are starting to change," says Karen McCarthy, the Edmonton-based founder of Spirit of Our Sisters, a national gathering.

Critics who question the usefulness of an inquiry often reference the Royal Commission on Aboriginal Peoples (RCAP), released in 1996. It was established to address many of the systemic issues faced by aboriginal peoples.

The Commission ended with a 4,000-page report and a 20-year agenda for implementing changes, few of which were actually completed.

The Harper government resisted calls for an inquiry, saying the government had already studied the issue. Stephen Harper famously said the high number of missing and murdered women wasn't a "sociological phenomenon."

Both the NDP and the Liberal party campaigned on promises to hold a national inquiry.

ALEX BOYD/FOR METRO

5

A UN report from 2015 found that First Nations, Metis and Inuit women were five times more likely to die under violent circumstances.

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The Liberal Party platform estimated a full national public inquiry would cost \$40 million over two years, beginning in 2016.

1,200

The estimated number of missing and murdered indigenous women in Canada.

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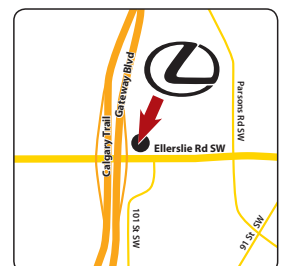
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FARM BILL

NDP limits debate

Alberta's NDP government has served notice it is limiting debate in the legislature on a contentious farm safety bill.

Government house leader Brian Mason gave the required one day's notice Tuesday that gives him the option of limiting debate to one hour on each of the final three stages of discussion on Bill 6.

"It's quite clear that the opposition is filibustering," Mason later told reporters.

"They're trying to block the business of the house and we can't allow paralysis of the assembly. There's important business that needs to be attended to by the house, not just Bill 6."

Opposition members have been talking long into the night in recent sitting days to try to stall the bill and give farmers more time to voice their opposition.

Farmers have organized convoys and protest rallies since the bill was introduced three weeks ago. They have shown up by the hundreds at public consultation sessions to berate cabinet ministers.

The bill proposes workers' compensation benefits and health and safety rules for paid workers on farms.

Producers say that would bury their operations in red tape and hurt their ability to pass on their way of life to their children.

Wildrose Leader Brian Jean, speaking at length on the bill Tuesday morning, said a filibuster is necessary.

Farmers say they weren't consulted and are demanding the government pull the bill to allow for more talks.

The Opposition Wildrose and Progressive Conservatives have taken up that fight and say lack of consultation shows disrespect to farmers.

THE CANADIAN PRESS

PCs' farm bill was nearly ready, says Tory leader

PROVINCIAL LEGISLATURE

McIver argues NDP bill should have used PCs' consultations

Alberta Progressive Conservative Leader Ric McIver says the Tory caucus was close to bringing forward its own health and safety rules for farmers before it lost the last election.

McIver declined to say what those rules would have looked like or whether paid farm workers would have been

covered under occupational health and safety rules, as is the case under the NDP government's contentious farm bill.

"At risk of having farmers and ranchers disagree with me on that, I'm not going to go into detail," McIver said.

Debate on the farm bill resumed Tuesday in the legislature.

The proposed legislation calls for all paid farm workers to be covered under occupational health and safety rules starting Jan. 1 and to receive workers' compensation benefits if injured.



We were getting actually pretty close when they (farmers and ranchers) were going to agree to some legislative changes.

Ric McIver

The Progressive Conservatives, while in government, were criticized for consulting on farm safety for years, but never introducing rules. Former PC premier Alison Redford promised to bring farmers under the occupational health and safety umbrella but nothing materialized.

McIver said that in his for-

mer role as labour minister he was meeting with farm industry leaders and the agriculture minister.

"We were getting actually pretty close when they (farmers and ranchers) were going to agree to some legislative changes."

McIver suggested the NDP could have built on his party's

consultations rather than "assuming that everything that happened before (the provincial election on) May 5th was wrong."

He said that while the PCs may be justly criticized for consulting too much and too long with farmers, the anger over the NDP's bill exposes the danger of consulting too little.

Farmers have organized convoys and protest rallies against the bill over the last two weeks. They have shown up by the hundreds at public consultation sessions to berate cabinet ministers.

THE CANADIAN PRESS



Protesters call for changes to Alberta's farm safety bill. The former governing PC Party said Tuesday it too was hoping to pass farm safety legislation.

KEVIN TUONG/FOR METRO

CHILD WELFARE

Review reports two-year-old nearly died in foster care

Alex Boyd
for Metro | Edmonton

Alberta's Child and Youth Advocate released results Tuesday of an investigative review into a case involving a toddler who was seriously injured while in provincial care.

According to the report, the two-year-old girl was hospitalized in 2013 with a "potentially life-threatening internal injury, abrasion marks and bruising on

her body."

At the time she was living in a foster home, and following an investigation by local police, her foster mother was charged with assault.

The case is still before the courts.

The girl made a full physical recovery, but still has emotional challenges, the report says.

The report notes that while caseworkers tried to find a placement close to the girl's family, the end result was four place-

ments by the time she was two years old.

In addition, despite having special needs her access to treatment wasn't considered when placing her in a home.

In response, advocate Del Graff made two recommendations — that case planning include "clear transition strategies that mitigate the impact of multiple placement moves for children," and that a child's medical or behaviour needs be matched to the care provider's capacity.

IN BRIEF

Full-time staffer hired to help settle refugees

The Edmonton Mennonite Centre for Newcomers has hired new point person to help handle the influx of Syrian refugees arriving in Edmonton thanks to the success of the centre's online "Syrian Emergency Relief Fund" campaign, which has raised \$27,000 to date.

The community liaison for Syrian Refugees can be reached at refugeesupport@emcn.ab.ca or 780-423-9677. METRO

LAW ENFORCEMENT

In-custody death investigated



Andrea Ross
Metro | Edmonton

"agitated" 49-year-old man who was carrying a knife.

A struggle ensued with the police, and a Taser was used to disarm the man before taking him into custody. He went into medical distress while still in the home and was taken to hospital by ambulance, where he was pronounced dead.

ASIRT will be investigating whether police conduct resulted in the man's death, and if so, whether that conduct could be considered a criminal offence.

The Alberta Serious Incident Response Team is investigating the events that led to a man's death in police custody in Edmonton Monday night.

The Edmonton Police Service responded to a 911 call at a home in the city's northeast at around 11:30 p.m. Monday night, where they found an



COMMUNITY HOCKEY HEROES HIT HOSPITAL The Edmonton Oilers' Andrew Ference signs a jersey for 13-year-old Adam Schultz as the team visits the Stollery Children's Hospital Tuesday. KEVIN TUONG/METRO

EDUCATION

Terror attacks put chill on school trips

More Alberta school boards are grappling with what to do about international student field trips in light of recent terror attacks.

On Wednesday, the Black Gold Regional Division south of Edmonton is to discuss options after sending an online survey to parents asking for feedback. The survey asks: "As a result of recent terrorism events should the board of education suspend all international travel?"

Carmen Stone, a communications official with Black Gold, said answers have been mixed, but some parents of junior and

senior high school students are worried.

"Parents are nervous. A lot of our feedback has been 'Let's suspend travel for a while at least.' To suspend it for at least a year is some of the pushback we have been getting," Stone said Tuesday.

Other parents believe the trips should go ahead, she said.

The Edmonton and Calgary public school boards have put student international trips on hold pending decisions by senior administrators expected before the December holiday break. THE CANADIAN PRESS

Literacy program is now going citywide

EXCEL

Volunteer won Stars of Alberta award



Braeden Jones
Metro | Edmonton

A volunteer the province recently celebrated is planning to expand his now-award-winning mentorship program across Edmonton.

Mohit Kumar was recently awarded a "Stars of Alberta" volunteer award, in part for his work founding the Excel program, an after-school project to help kids struggling with literacy.

"That program is focused primarily on homework assistance and mentorship for youth," Kumar said.

Right now it's run only out of McKee School, where Kumar started it in 2013 under the Big Brothers and Big Sisters umbrella.

At that time Excel — which stands for excite, challenge



How can I help more students struggling with English?

Kumar's foundation question



Mohit Kumar's program focuses on mentorship for youth. KEVIN TUONG/METRO

and empower learners — was an idea he had after having worked with one young ESL student as a mentor.

"Everything spiralled out from there ... (The student) immigrated from the Philippines so his English levels were two grades below his current grade," Kumar said. "In about two years time I was able to help him get up to grade level."

"From there he was able to perform really well in math, science, social studies, pretty well all subjects, and I thought 'How can I help more students struggling with English?'"

That's when Excel was born. McKee principal Andy MacGregor said he's glad it was,

adding it has since "flourished" and "academically, the students have demonstrated some sound growth."

"We've got about a dozen kids (enrolled now) ... the mentors provide one-on-one support once a week, from 3:30 to 4:45 p.m.," he said.

Now Kumar's focused on expansion.

"We've had some interest, some schools are really interested in adopting our program model, and that's kind of the next phase," Kumar said, adding that an Edmonton Public School trustee has shown interest in getting him to present the model.

He's also working with Ed-

monton Public Libraries to access resources to nurture specific interests and expose students to various technologies. Kumar also plans to use Excel as a platform for preventative health education.

He said he wants to expand because he sees the need, and the capacity for the program to inspire kids that struggle academically not just to do well in school, but to "reach for the stars."

MacGregor said Excel in other schools would be a "great opportunity," as the needs of students and English language learners are increasingly complex and Excel has proven effective in helping meet them.



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Prime Minister Justin Trudeau and AFN National Chief Perry Bellegarde at the Assembly of First Nations Special Chiefs Assembly. Bellegarde said he's confident Trudeau is listening to the different needs of First Nations. ADRIAN WYLD/THE CANADIAN PRESS

Trudeau ends funding cap

FIRST NATIONS

Missing and murdered women probe announced

The leaders of Canada's First Nations swaddled Justin Trudeau in a ceremonial blanket Tuesday as they embraced the prime minister's commitment to what he called a "sacred obligation" to the country's Aboriginal Peoples.

Trudeau didn't show up empty-handed, either.

The Liberal government will lift a long-standing two per cent cap on federal funding for First Nations communities, he told the

Assembly of First Nations gathering — that, despite mounting economic and political pressure on the federal pocketbook.

He said the Liberals would also provide additional money for long-awaited education reforms to be led by First Nations communities themselves, another long-standing sticking point with the previous Conservative government.

And he repeated one of the most anticipated promises of the 2015 campaign: to investigate the tragedy of missing and murdered indigenous women and girls. Three of his cabinet lieutenants kicked off the first consultative phase of what will be a federal inquiry next year.

"I promise you that I will be your partner in the years to

come, and hope that you will be mine," Trudeau said.

The removal of the funding cap, which was imposed to keep transfer payments in line with inflation, has been top of the First Nations wish list for years. Critics say it has long since fallen out of step with a growing aboriginal population across the country.

But the most anticipated news came later, when Justice Minister Jody Wilson-Raybould, Indigenous Affairs Minister Carolyn Bennett and Status of Women Minister Patty Hajdu detailed the first phase of the inquiry.

Wilson-Raybould, one of two cabinet ministers with indigenous roots, said the government will consult the families of victims over the next two months for their input on the inquiry's shape and its goals.

"No inquiry, as we know, can undo what happened nor can it restore what we have lost. But it can help us find ways forward because we know, as a country, we can and must do better."

THE CANADIAN PRESS

POLITICS

Promise fulfilled



Michael Woods
Metro | Ottawa

With the Tuesday announcement that it's launching a national public inquiry into missing and murdered indigenous women, the new Liberal government followed through on a central promise in its efforts to renew the relationship with Canada's indigenous peoples.

The Liberal election platform had promised to launch an inquiry "immediately."

There is no strict timeline, but Carolyn Bennett, the indigenous affairs minister, said it will last "as long as it takes to get it right."

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We are going to go out and listen to what people say this needs to look like. Indigenous Affairs Minister Carolyn Bennett

THE CANADIAN PRESS

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Scientists aim to boost flower power



Thandi Fletcher
Metro | Vancouver

Imagine a sunflower that can grow using water more efficiently, even thriving in conditions as harsh as the Mojave Desert while still producing many seeds.

That's what an international team of scientists led by Vancouver botanist Loren Rieseberg is hoping to achieve through research he believes could improve food security in the face of climate change.

"Drought is by far the biggest stress for sunflowers," Rieseberg, a botany professor at the University of B.C., told Metro. "The idea of our research is to make cultivated sunflowers that

are extremely drought tolerant, but also tolerant of flooding, salt stress and low-nutrient stress."

The team, funded by a \$7.5-million grant, is using genomics to identify genes that have evolved in wild sunflowers to make them resilient to environmental stresses, and to breed cultivated sunflowers with the same favourable traits.

The findings are important, said Rieseberg, especially considering that sunflower production generates about \$20

billion in annual revenue globally.

If successful, Rieseberg said he hopes the research will allow farmers to grow sunflowers on lands that are currently unsuitable for crops.



A type of wild sunflower, *Helianthus anomalus*, which is tolerant of low-nutrient soils. CONTRIBUTED

Duffy finally takes the stand at trial

COURT

Senator painted as ailing man vulnerable to pressure

Mike Duffy's first day of testimony could be dubbed "The Story of my Life," a long, often entertaining account of his childhood in Prince Edward Island, years in journalism, grim medical history and entry into the Senate.

"Nothing in my life ... has been simple or straightforward," Duffy told his defence lawyer Donald Bayne.

It was the first time Duffy has spoken publicly since he stood briefly to plead "not guilty" to the 31 charges of fraud, breach of trust and bribery back when the trial started in April.

The 69-year-old has long waited for the chance to share his side of the story on his contested living and office expenses, and the

\$90,000 clandestine payment he received to repay some of those claims from Stephen Harper's chief of staff Nigel Wright.

Duffy has maintained he was railroaded by Harper's staff into repaying the claims, when he never thought he had done anything wrong.

The defence strategy on the first day of testimony was to build a portrait of a man with solid ties to Prince Edward Island; a long, successful journalism career with no experience running an office; and chronic health problems that made him vulnerable to pressure.

"But the relevance to the fraud charges?" exasperated Crown attorney Mark Holmes asked after the court was shown the long list of medications Duffy takes.

"This was going on while he was being subjected to all this pressure. Your Honour is going to make judgment to the susceptibility of the pressure that was being put on him," Bayne said. THE CANADIAN PRESS



In this artist's sketch, Sen. Mike Duffy testifies at his trial in Ottawa on Monday. GREG BANNING/THE CANADIAN PRESS



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Outrage across the globe

POLITICS

Trump stands by plan to ban Muslims from entering U.S.

U.S. Republican presidential candidate Donald Trump's call to block Muslims — both immigrants and visitors — from entering the U.S. is being met with a chorus of near-universal condemnation from across the country and around the globe.

From the halls of Congress to 10 Downing Street, Trump's statement Monday advocating a "total and complete shutdown of Muslims entering the United States" was blasted as bigoted, unconstitutional and potentially dangerous for American interests abroad.

Trump's proposal is down to what he describes as hatred among "large segments of the Muslim population" toward

Americans.

British Prime Minister David Cameron, breaking the custom of British leaders not commenting on U.S. presidential contenders, slammed the proposal as "divisive, unhelpful and quite simply wrong."

UN spokesman Farhan Haq said Secretary-General Ban Ki-moon denounced "any kind of rhetoric that relies on Islamophobia, xenophobia, any other appeal to hate any groups."

The Church of Jesus Christ of Latter-day Saints issued a statement in support of religious freedom.



He's empowering the enemy.

Sen. Lindsey Graham, on Donald Trump

"This is not conservatism," Republican House Speaker Paul Ryan told reporters. "What was proposed yesterday is not what this party stands for, and more importantly it's not what this country stands for."

Trump's campaign has been marked by a pattern of inflammatory statements, dating back to rhetoric that some Mexican immigrants, who



Republican presidential candidate and businessman Donald Trump speaks during a rally aboard aircraft carrier USS Yorktown in Mt. Pleasant, S.C., Monday. MIC SMITH/THE ASSOCIATED PRESS

entered the country illegally, are drug smugglers and rapists — but even that didn't evoke the same widespread level of contempt.

The billionaire businessman and former reality TV star has maintained his lead in early opinion surveys, despite the controversies, vexing his Republican rivals and alarming

a Republican establishment in panic over the damage they fear he's doing to a deeply divided party.

Trump, who appears to revel in the attention, didn't back down from his proposal Tuesday, saying that banning Muslims "until our country's representatives can figure out what the hell is going on" is

warranted after last month's attacks by Muslim extremists in Paris and last week's shootings in San Bernardino, Calif.

"I don't care about them," Trump told CNN Tuesday when asked about denunciation by Republican leaders. He said the country needs to recognize that it's at war.

THE ASSOCIATED PRESS

EXPERT INPUT

Disaster for U.S., Canada



Jessica Smith Cross
Metro | Toronto

Trump's statement that he would ban Muslims from the U.S. is only the latest in bigoted politics that would spell disaster for both the U.S. and Canada, one expert says.

If Trump becomes president, it would cause contention within the U.S. that the country hasn't seen since its civil war, and lead to a major decline in America's moral influence in the world, worse than the era of George Bush Jr., said Stephen Clarkson, a political science professor at the University of Toronto.

A President Trump would be a disaster for Canada too, considering its close economic ties and shared border with the U.S.

Should Trump's bombast lead to a military action or another act of terrorism against the U.S., Canada has obligations under NATO to respond, Clarkson said.

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Many in Beijing are becoming accustomed to wearing masks.

ANDY WONG/THE ASSOCIATED PRESS

Smog: The new normal

CHINA

Residents of Beijing adapt to high, risky pollution level

Beijing issued a red alert this week for smog, triggering restrictions on traffic, school closures and factory suspensions. City residents reacted with a mix of alarm and non-chalance.

“You just get used to it.”
Store clerk in Beijing

“This is modern life for Beijing people. We wanted to develop, and now we pay the price,” Beijing office worker Cao Yong said during a break from work.

“You have to do whatever you can to protect yourself,” Beijing resident Li Huiwen said while stopping at a market. “Even when wearing the mask, I feel

uncomfortable and don't have any energy.”

A man who gave only his surname, Du, said the haze was good for taking photographs of old buildings and that he was taking advantage of a lack of crowds near Beijing's ancient Forbidden City. “I like this kind of haziness. It gives a blurry feeling.”

“You live in Beijing, you just get used to it. Every winter is like this,” said a store clerk who gave only her surname, Sun, and who said the restrictions were a nuisance. “But now that they're cancelling school, it becomes really inconvenient.”

“I would keep myself indoors, and wear a mask all the time if I'm outside on smoggy days. And air purifiers at home are a must,” Beijing resident Sun Yuanyuan said. THE ASSOCIATED PRESS

SAN BERNARDINO

Couple practised with rifles at range

Days before killing 14 people at a holiday party, Syed Farook practised with a rifle during one of several recent visits to a Southern California shooting range, authorities said. Sometimes he was joined by his wife, his partner in the attack.

Farook visited Riverside Magnum Range in San Bernardino on Nov. 29 and 30, according to an instructor at the range about 32 kilometres from the Inland Regional Center, where the

couple opened fire on Farook's co-workers on Dec. 2.

The FBI said Farook and his wife, Tashfeen Malik, embraced violent Islamist ideology.

Authorities disclosed that a year before the rampage, Farook's co-workers at the San Bernardino County health department underwent training on how to react to a workplace shooter in the conference room where the couple opened fire.

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Survey shows big problems at CBC

REPORT

Workplace psychologically unhealthy, staffers say

Many employees of Canada's national broadcaster believe the CBC workplace is psychologically unhealthy and managers do not deal effectively with issues that may threaten or harm them, according to an internal survey carried out following the Jian Ghomeshi scandal.

"Psychological health and care for individual well-being are significant concerns," says a report released internally to CBC. The results show 43 per cent of survey respondents said they would not describe their workplace as psychologically healthy.

Concerns were also raised by

survey respondents over whether the CBC deals effectively with "situations that may threaten or harm employees." Almost a third (29 per cent) said the CBC does not.

A CBC spokesman said the results of the survey are "humbling." Chuck Thompson said it "provides a new baseline from which we will address the concerns expressed."

The survey, conducted for CBC in the summer by Gallup, also showed that "pride of association" in the national broadcaster has plummeted from 92 per cent of employees feeling proud to be CBC journalists and support staff in 2012 to 69 per cent in 2015.

Just over one half of the CBC's

7,600 full- and part-time employees completed the survey. The questionnaire asked people to answer the questions on a 1-5 scale from "strongly disagree" to "strongly agree."

It was sent out in the wake of the Ghomeshi scandal and the report by lawyer Janice Rubin, which found that CBC suffered from a "host culture" that allowed a top talent like the former Q host to get away with harassing behaviour.

The commentary provided along with the survey references the Rubin report and states that the CBC's response to the findings are "in full swing and should help to restore a workplace we can all be proud of."

TORSTAR NEWS SERVICE



Psychological health and care for individual well-being are significant concerns.

Report released internally to CBC



BOSTON CHIPOTLE ROCKED BY NEW OUTBREAK Chipotle, still trying to recover from a multi-state outbreak of E. coli, has closed a restaurant in the Cleveland Circle neighbourhood of Boston after 80 students at Boston College, including the men's basketball team, reported "gastrointestinal symptoms" after eating at the chain. Chipotle says it thinks the latest illnesses are an isolated case of norovirus and unrelated to the E. coli cases. THE ASSOCIATED PRESS

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DAILY BREAK



AWARD-WINNER

Top whisky flies off shelves

It was recently named World Whisky of the Year, but good luck getting your hands on a bottle of Crown Royal's Northern Harvest Rye, as the award-winning Canadian whisky is flying off the shelves.

In Ontario, for example, sales at LCBO stores have increased more than 400 per cent thanks to the accolade. The product is available only on a first come, first served basis in the province. No bottles can be reserved or specially ordered because of the high demand.

The Northern Harvest Rye is the first Canadian whisky to receive the honour of being named World Whisky of the Year by revered whisky connoisseur Jim Murray.

Murray's Whisky Bible is the go-to guide for whisky enthusiasts, and each annual edition contains thousands of detailed whisky reviews and notes.



Crown Royal's Northern Harvest Rye.
CONTRIBUTED

views and notes.

A 750 millilitre bottle is sells for \$30.60 in Ontario.

Alistair Kidd, whisky brand director at Diageo Canada, which distributes the Northern Harvest Rye, said that being named whisky of the year turned the beverage into "a hot commodity among Canadian consumers leading into the holidays."

A bottle sold for over \$165 on eBay in Germany this week, while a bottle was put up for sale last week in Toronto on Craigslist for \$80.

TORSTAR NEWS SERVICE

market minute



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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

I made the mistake of starting things back up with someone I had a “casual” relationship with. He didn’t want me to be involved with any other guys, but he wanted to see other women. I blocked his number. Now I miss our friendship. What should I do?

Dear Ellen,

I made the mistake of starting things back up with someone I had a “casual” relationship with. The last time we saw each other he was really emotional about an ex-girlfriend and told me he still loved her. When we originally stopped talking, I didn’t mind. But when we reconnected, I started to feel an emotional connection to him. After the last meeting, I truly felt hurt. I cried. He wanted us to continue seeing each other, but he didn’t want me to be involved with any other guys. The sad part was he wanted to see other women, including me, but sleep with just his ex and me. I decided enough was enough. I texted him after the last meeting, letting him know we could not continue down the same road. I didn’t give him a chance to respond. I blocked his number. Lately I find that I can’t stop thinking about him. I miss him and our “friendship.” What should I do?

L, Toronto, Ont.

Dear L,

Some might say this is not, strictly speaking, an etiquette question. But I’ve found through my own romantic ups and downs that good manners can often help guide the way through emotional thickets. So let’s see what we can do for you

I’m sorry to have to tell you this, but your only choice right now is to suffer.

in regards to politely handling your own broken heart.

First, let’s look at his behaviour. He sounds pretty screwed up. But at least he’s not sneakily hiding his desire to get back with his ex-girlfriend. And he’s been absolutely forthright about his ridiculous proposition that you remain available to him — and him alone — while he dates as many women as he wants while continuing to sleep with both you and his ex. So, credit to him for being honest, albeit insanely unreasonable.

It also sounds as if you’ve been straight with him, which shows your own excellent manners. You respectfully informed him in a text that you could not

accept the “road” he was offering. Then you blocked his number. Is it rude to cut off communication like this?

Yes, if the other person deserves to be heard (and your conscience will tell you if that is the case). But it’s not rude if you’ve both had your say and it’s clear that one or both parties want the relationship to end.

Which brings us to your question: What should you do?

If you break down and see him, and give him what he wants (sex and friendship with no commitment while he sleeps with his ex-girlfriend), you will resent him and suffer. If you stay

strong and keep his number blocked, but continue to obsess about him and wonder if you’ve made a huge mistake by cutting him off before he’s had a chance to change and see how wonderful you are, you will doubt yourself and suffer.

I’m sorry to have to tell you this, but your only choice right now is to suffer. Respect your broken heart, and expedite the healing process by forgetting what you “should” do. You’re already doing it — agonizing through an impossible situation that only time will heal (and it will).

Need advice?
Email Ellen:

scene@metronews.ca



Ani Castillo

ROSEMARY WESTWOOD

metroview

The power of affirming that racism and sexism kill indigenous women

“It is time to hear their voices. It is time for justice,” declared Claudette Commanda, an elder and band council member from Kitigan Zibi Anishinabeg Nation in Quebec, an eagle feather in her hand.

She stood on Parliament Hill, welcoming reporters and family members of missing and murdered indigenous women to the announcement we all knew was coming: a national inquiry. It had all the trappings of a press conference, but the scene was imbued, even via a live video feed, with something different.

Something approaching humility, even sisterhood.

Commanda asked for a moment of silence for lives lost, and holding the feather high above her head, she teared up. She expressed hope for an end to violence against indigenous women, but her emotion suggested that she may actually believe in this announcement, believe there will be change.

Jody Wilson-Raybould, the minister of justice and a former B.C. First Nations chief, hugged Commanda before taking the podium. She, and the ministers of status of women and indigenous and northern affairs, attended a traditional ceremony the day before. They were carrying the eagle feathers gifted to them. As each finished speaking, they hugged, kissed cheeks.

It was as if a support circle stood behind the podium:

Four women embracing each other and indigenous teachings in the search for answers to deeply engrained violence. Ministers listening to Commanda’s prayer for help from the Creator with more than impersonal respect.

This wasn’t the only heart-felt government announcement ever made. But it felt as if the “government” had been knocked from some pedestal. The welfare of indigenous Canadians, or all Canadians, had been put in its place.

That the press conference was about women, and delivered only by women, also felt significant — though women have given press conferences before. But these women seemed bound by their hearts as well as their priorities.

The ministers delivered talking points, citing high rates of violence against indigenous women, the need for justice and violence prevention.

The need to not be a government program, but a program devised by the people, to be implemented by government. Hence the choice to let the inquiry’s details be shaped by consultation with experts and victims’ families.

The media pressed for details. One CBC reporter asked about the impact of racism, and Indigenous and Northern Affairs Minister Carolyn Bennett was unequivocal: “Racism and sexism in this country kills,” she said. Behind the podium, the women hugged.

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Your essential daily news

Wednesday, December 9, 2015

4 *Treats To Wow This Season*

You don't have to be a kid to crave cookies this time of year. The holiday season is the one time you have a licence to bake (and eat) any (and all kinds) of treats. And you should. Homemade sweets are an easy way to make anyone feel giddy with happiness, and are impossible to resist. From spicy ginger-breads to sugar balls, these goodies make a thoughtful gift or easy dinner party dessert. They also taste pretty good with your morning coffee.

HOLIDAY TREATS

Festive Chocolate Thumbprint Cookies

Ceri Marsh & Laura Keogh
For Metro Canada



As classic as a sugar cookie, thumbprints can look sophisticated with a sparse sprinkling of icing sugar or kid-approved with lots of bells and whistles. We like bells and whistles.

Makes about 2 dozen

INGREDIENTS

- 1 cup spelt flour
- 1/2 cup all-purpose flour
- 3/4 cup granulated sugar
- 1/2 cup unsweetened Dutch-process cocoa powder
- 1 tsp baking powder
- 1/2 tsp salt
- 6 Tbsp unsalted butter, melted
- 2 large eggs, lightly beaten
- 1/2 cup confectioners' sugar
- holiday sprinkles, silver dragees, crushed candy cane, mini chocolate chips

DIRECTIONS

1. Preheat oven to 325 F.

2. Whisk the flours, granulated sugar, cocoa powder, baking powder and salt in a medium bowl. Add the melted butter and eggs and stir until combined.

The dough will appear very dry just keep working it until you've incorporated all the ingredients. Cover and refrigerate the dough until firm, about 20 to 30 minutes.

3. Line two baking sheets with parchment paper and set aside. Place the confectioners' sugar in a bowl. Place the other toppings out in small bowls.

4. Remove dough from refrigerator. Scoop a tablespoon size amount of dough and roll it into a ball. Drop the ball in the confectioners' sugar and coat the outside.

Place it on prepared cookie



sheet. Slightly flatten it with the palm of your hand and then press your thumbprint into the centre. Fill the centre with

your choice of decoration. Repeat until dough is finished. Be sure to space the cookies two inches apart.

5. Bake cookies until puffed and slightly cracked, about 10 minutes. Let cool three minutes on the baking sheets, then trans-

fer to rack to cool completely.

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GREAT GIFT

Coconut Snowballs



These little gems — with a hint of lemon — scream wintry treat.

Makes 2 dozen

INGREDIENTS

- 2 1/2 cups flour
- 3/4 cups sugar
- 1/4 tsp salt
- 1 cup unsalted butter, softened
- 2 Tbsp cream cheese, softened
- 2 tsp vanilla
- 4 or 5 Tbsp lemon juice
- 1 Tbsp cream cheese, softened
- 1 1/2 cup confectioner's sugar
- 1 1/2 cup sweetened shredded coconut

DIRECTIONS

1. Preheat the oven to 375 F.
2. Mix together flour, sugar, salt together in a bowl. With an electric mixer add softened butter about 1/4 cup at a time until it combines with the dry ingredients. You'll have a pebbly mixture.
Add 2 Tbsp of softened cream

cheese and vanilla. You'll need to use your hands to bring the mixture together into a dough. Knead for a minute or two.

3. Line two cookie sheets with parchment.

4. Use a tablespoon to scoop the dough, roll it in your hands to make balls. Place on the lined sheets at least an inch apart. Bake for 12 to 15 minutes, until lightly browned. Take them out and allow them to cool completely on a rack.

5. While they cool, mix 3 Tbsp of lemon juice with 1 Tbsp of cream cheese. Slowly add 1 1/2 cups of confectioner's sugar until you have a thick icing. Now add as much lemon juice as you need to thin it out to a glaze.

6. On a plate, spread your coconut in a layer. Swirl each cookie in the glaze (let excess drip off) then press it in coconut to cover. Allow to set.

CERI MARSH AND LAURA KEOGH

EASY TO BAKE

Spiced Christmas Trees with Lemon Icing

Like your nostalgic favourite the gingerbread man, these spiced cookies look and taste every bit as festive.

Makes about 12

INGREDIENTS

- 2 1/2 cups spelt flour, plus more for rolling
- 1 tsp baking soda
- 1 tsp ground ginger
- 1 tsp cinnamon
- 1/4 tsp cloves
- 1 tsp coarse salt
- 1 cup (2 sticks) unsalted butter, room temperature
- 3/4 cup granulated sugar
- 1 large egg
- 1/4 cup unsulfured molasses

For Icing:
• 2 tsp fresh lemon juice
• 1 1/3 cups confectioners' sugar

DIRECTIONS

1. Preheat oven to 350 F.
2. In a medium bowl, whisk the flour, baking soda, ginger, cinnamon, cloves and salt. In a separate bowl, cream together the butter and sugar with a hand mixer until creamy.



STORAGE TIP
The best part about these recipes is they freeze well. Store them in an airtight container for up to four weeks.

3. Beat the egg and then add. Mix until combined. Add molasses until combined.

4. With the mixer on low, gradually add your flour, blend until combined. Remove the dough from the bowl and then wrap

it in plastic wrap and place in the refrigerator to firm, at least an hour and up to three days.

5. On a lightly-floured surface, roll out dough to 1/4 inch thick. With a sharp knife, cut dough into 2-inch wide triangles.

6. Place the triangles on a cookie sheet lined with parchment paper 1-inch apart from each other.

Bake until cookies are firm and lightly browned on edges, 10 to 12 minutes.

CERI MARSH AND LAURA KEOGH

CLASSIC CHOICE

Heavenly Chocolate Peanut Butter Balls

A sprinkle of sea salt makes the classic flavours of chocolate and peanut butter feel all grown up.

Makes 25 to 30 balls

INGREDIENTS

- 1/2 cup creamy natural peanut butter
- 3 Tbsp butter, softened
- 1 cup confectioner's sugar
- 8 oz chocolate, chopped (or chocolate chips)

DIRECTIONS

1. In a bowl, mix peanut butter, sugar and butter together until they form a dough. Scoop it and form a ball, cover in plastic wrap and place in the fridge for at least 15 minutes.

2. Using your hands, pinch off a small bit of dough and roll into 1-inch balls. If the dough gets too sticky as you're working just pop it back in the fridge for a few minutes. Place the balls on a parchment lined baking sheet. Place the baking sheet in the freezer for at least half an

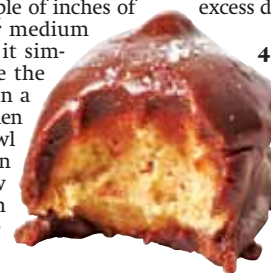
hour to chill. You want them cold and firm.

3. Place a small sauce pan with a couple of inches of water over medium heat until it simmers. Place the chocolate in a bowl and then set the bowl over the pan (don't allow the bottom to touch the water).

Once chocolate is melted remove from heat. Using a toothpick, pick up each ball, swirl it around in the chocolate; let excess drip off.

4. Place the dipped ball onto parchment lined baking sheet. Sprinkle with a pinch of sea salt before chocolate hardens. Refrigerate until you serve.

CERI MARSH AND LAURA KEOGH



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Mull these light options

THE HOLIDAYS

Tips to cut the calories in these festive drinks

Theresa Albert
For Metro Canada



All year long you know to avoid drinking your calories. Then December hits and you are tempted. But you don't have to blow the month by the mouthful, save your calories for the food with these holiday beverage hacks.

Egg Nog

Averages about 225 calories per cup (without the rum!). Don't be tempted by the "low fat" versions, what they lack in fat, they make up in sugar. Instead, mix 50/50 with skim milk and add extra nutmeg.

Mulled wine

What could possibly be wrong with wine and spices? Most re-

cipes also add in sugar by the gravy boat load, that's what. At about 250 calories per glass, some versions literally double the load of a harmless glass of wine. Make your own version with orange peels, star anise and cinnamon sticks. There is no sugar needed to make this cozy beverage in a slow cooker that will simmer all day and make your home smell like holiday without the scented candles. Or stick with your usual glass or two of plain red wine.

Pumpkin Latte

Tim Hortons pumpkin latte serves up a delicious 260 calories for a medium cup. For that, you can enjoy a straight up latte made with frothy skim milk and no sugar and an entire caramel dip yeast donut. That's right, the donut itself is 190 calories that you can actually eat.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food



Cut the sugar out of mulled wine and opt for a version with just orange peels, star anise and cinnamon sticks. ISTOCK

LIQUID ASSETS

Cold nights call for warm drinks

Peter Rockwell
For Metro Canada



While you can release your inner mixologist by Googling mulled wine for the instructions on how to make your vino glow, there are plenty of pre-mixed versions of winter-oriented drinks available that only require you to know how to press the start button on your microwave.

Jack Daniel's Winter Jack (\$19.39-\$23.98) takes its inspiration from an original family recipe of JD, apples, cloves and cinnamon poured during the holidays by the famous



Tennessee whiskey makers.

With a 15 per cent alcohol level, its whiskey flavour is subtle to say the least, allowing the spices to shine after being very lightly heated. Red hot in a completely different sense is Crown Royal's Northern Harvest Rye (\$30.60-\$34.99). Recently awarded World Whisky of the Year by Whisky Bible author Jim Murray, the super smooth Manitoba-made spirit, produced using an unheard of 90 per cent rye, is a must try for anyone who appreciates a good dram.

Prices reflect the range across the country. Some products may not be available in all provinces.

POP-UP SHOP HEIST

Gwyneth Paltrow's GOOP shop robbed

Authorities are searching for three men who robbed Gwyneth Paltrow's Goop pop-up shop in New York City of more than \$173,000 worth of jewelry and watch-

es. It happened Saturday afternoon. Police say one of the suspects used some kind of object to open a cabinet containing the merchandise while the employees were distracted.

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The dish that adds some spice to life



Use premium cocoa in this Cocoa Bird Chili recipe from *The Chili Cookbook*. CONTRIBUTED

THE CHILI COOKBOOK

Book traces 500 years of history, from Aztecs to Texas cowboys

Chili purists, steel yourselves. Or as author Robb Walsh suggests, at least suspend disbelief and let your taste buds be the judge while taking a colourful romp through chili history — and some creative adaptations of the ancient dish.

The *Chili Cookbook* has every version you can think of, and explores its evolution from Mexico to the American southwest and how it has influenced mealtime around the globe.

The *Chili Cookbook* (\$24.99) is a 190-page hardcover that traces 500 years of chili, from the first Aztec stew to the tastes of modern Texas cowboys.

There are 60 recipes for chili disciples of all kinds — with or without beans, with or without meat, using venison and lobster, and merged with cuisines of countries like Hungary, Greece and Pakistan. There are recipes from American roadside diners and even the White House.

Walsh also includes a primer on the varieties of dried and fresh chili peppers, and a ranking of commercial chili powders, which often substi-



RECIPE: COCOA BIRD CHILI

This recipe is adapted from *The Chili Cookbook*.

- 1-1/2 Tbsp (23 mL) canola or vegetable oil
- 2 medium yellow onions, chopped
- 2 cloves garlic, chopped finely
- 1-1/2 tsp (7 mL) dried oregano leaves
- 1-1/2 tsp (7 mL) ground cumin
- 1 lb. (450 g) ground chicken
- 1 lb. (450 g) ground turkey
- 1/4 cup (60 mL) chili powder
- 2 bay leaves
- 1 Tbsp (15 mL) unsweetened cocoa powder
- 1 tsp (5 mL) kosher salt
- 28 oz. (796 mL) can whole tomatoes with juice, chopped coarsely
- 3 cups (710 mL) chicken stock
- 8 oz. (250 mL) can tomato sauce or 1 cup (250 mL) canned crushed tomatoes plus 2 Tbsp (30 mL) tomato paste
- 19 oz. (540 mL) can white kidney beans, drained, rinsed
- 19 oz. (540 mL) can red kidney beans,

drained and rinsed

Garnish:

- Sour cream
- Chopped red onion
- Chopped fresh cilantro

In large saucepan, heat oil over medium heat.

Add onions and sauté until tender, about 10 minutes. Add garlic, oregano and cumin.

Increase heat to medium high. Add ground turkey and chicken, breaking up with back of spoon. Stir until cooked through.

Add chili powder, bay leaves, cocoa powder and salt. Add tomatoes with juice, stock and tomato sauce (or crushed tomatoes with tomato paste). Bring to boil.

Reduce and simmer, uncovered, for 45 minutes, stirring occasionally. Add white and red beans and simmer until flavours blend, about 10 minutes. Discard bay leaves.

To serve, ladle chili into bowls, add a dollop of sour cream and sprinkle with red onion and cilantro.

Serves 8.

tute other spices for pure ground chilies.

Or there's a recipe to make your own.

Texan Robb Walsh is a longtime food writer who co-owns El Real Tex-Mex Café in Houston. On his journey into chili pepper culture, he says

he discovered heart-stopping recipes in the most unlikely places.

Recipes we are dying to make include: Lobster chili; White chicken poblano chili; Huevos rancheros "Christmas"; Lentil, sweet potato and ancho chili; Frito pie.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER WHAT I'M WATCHING

Girlfriends' Guide is feminist stealth genius

GIRLFRIENDS' GUIDE TO DIVORCE, S1, E3 (SLICE SHOMI)

Lyla (Janeane Garofalo), one of three attractive, acerbic friends who are navigating life in their 40s in Los Angeles after divorce, has been called into her son's teacher's office because she sent her nanny to cover Story Time.

"It sends a message to children that they're not your priority," the teacher guilt-mongers. Lyla, a high-powered attorney, lets her have it.

"By all means, I apologize. I apologize for having a job. But here's the thing: I don't work, my kids don't go to school. So if you want to tell me tuition is free, I'll be here for Story Time, and Arbor Day, and every other bullshit holiday that costs me a fortune. But if you're not going to tell me it's free, I gotta work. Because I'm a working mother. Don't call me in here again."

She stalks out. Once she's through the door, though, her face crumbles, just for a second. She's right, but she feels like dirt anyway.



Girlfriends' Guide to Divorce tackles motherhood, marriage, loneliness and inequity. HANDOUT

This show is stealth genius. It lures you in with furiously-paced patter about ex-husbands and breast implants, and then socks it to you with home truths about motherhood, marriage, loneliness, inequity. At its best, *Sex and the City* pointed out what single women in their 30s had to deal with in the world's most success-oriented town.

Girlfriends' Guide takes that one decade further — it zooms in on the ironies and indignities inflicted on bright, vital 40-somethings in the capital of youth obsession. It's the most feminist show on TV.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Forester stands out in a crowd



REVIEW

No need to go all the way with power with this compact SUV

Jil McIntosh
For Metro Canada



Extra power is good for bragging rights, but it isn't always necessary to opt for it just because it's there. That was evident when I drove the two engine choices in Subaru's Forester. While the base engine doesn't sound as impressive on paper as its stronger sibling, it should be enough for many drivers and for a lot less cash.

The entry-level powerplant is a 2.5-litre four-cylinder that makes 170 horsepower. Moving up to the turbocharged 2.0-litre gives you 250 horses, but it's an extra \$2,200 to do so. Test-drive them both before you make up your mind solely on the power numbers.

My 2.5i, as it's called, was equipped with a six-speed manual transmission. It keeps the price down, but that's about all; the shifter feels mushy and there's no driving excitement in it. You're best to go for the automatic continuously-variable transmission (CVT). All-wheel drive is standard on all models.

The shifter aside, the Forester has always been one of my favourite vehicles. It's nicely sized and well-balanced, and the steering is light but responsive.

It's roomy and comfortable, and the back seats fold flat for extra storage space. The cabin design is handsome and the controls are large and easy to use, save for a few touchscreen icons that can be tough to accurately tap when you're moving.

My 2.5i was in Touring trim, which gave me a 6.2-inch touchscreen stereo, while my turbo-charged tester in top-line Limited trim included a 7-inch infotainment system with navigation that, new for 2016, includes map updating. Higher trim lines can also be optioned with EyeSight, which uses a windshield-mounted camera for such features as lane departure warning and collision mitigation.



While the base engine doesn't sound as impressive on paper as its stronger sibling, it should be enough for many drivers.

This smaller SUV/crossover segment is a crowded one, but the Forester holds its own. It's priced about the middle of the pack, and since all-wheel drive is an option on some of its competitors, be sure you're comparing prices accordingly. I think its nimble feel and good road manners set it apart from many of the rest, even if you don't feel a need to go all the way with the power.

THE CHECKLIST | 2016 SUBARU FORESTER

THE BASICS

Type. Four-door, five-passenger compact SUV
Engine (hp/torque). 2.5-litre horizontal four-cylinder (170/174); 2.0-litre turbocharged horizontal four-cylinder (250/258)

Transmissions. Six-speed manual or continuously variable (CVT)

Price. \$25,995 (base), \$29,995 (as tested), plus destination

COOL FEATURES

- EyeSight camera-based safety technologies
- Steering-responsive fog lights
- Hill descent control
- Panoramic sunroof
- Power-operated liftgate
- Windshield wiper de-icer
- Auto-dimming mirrors



JIL MCINTOSH/FOR METRO

POINTS

- Subaru's "symmetrical" all-wheel drive doesn't refer to the power split, but to the position of its engine, transmission, and driveline components.
- The Forester can be ordered as PZEV, for Partial Zero Emissions Vehicle, which uses a specific catalytic converter, air intake and fuel injectors; it was designed to meet California's air standards.
- Turbo models add unique front-end styling but are optioned the same as comparable non-turbo trim lines.

MARKET POSITION

Subaru made its mark by offering all-wheel drive in all of its vehicles (except for the recently-added BRZ sports car), which made it popular for drivers facing Canadian winters, along with using only horizontally-opposed engines.

THE COMPETITION



Ford Escape AWD
Base price: \$27,199



Toyota RAV4 AWD
Base price: \$27,255



Honda CR-V AWD
Base price: \$28,550

TECHNOLOGY

Ford testing semi-autonomous systems to help drivers in a jam

Ford wants to take the stress out of every element of the daily commute, from coping with stop-start rush-hour traffic to quickly and safely manoeuvring into a parking space at journey's end.

"For many drivers, experiencing heavy traffic on the way to work can leave them stressed and angry, even before the work day begins," said Reid Steiger, technical expert for automated driving at Ford of Europe.

Ford's potential solution, Traffic Jam Assist, is currently in the testing stage and works by combining a number of already de-

veloped individual active driver aids — adaptive cruise control and lane keeping

"Traffic Jam Assist helps the driver maintain the distance to the vehicle ahead and helps to keep the vehicle centred in the lane. The system aims to reduce driver stress in dense traffic," explains Steiger.

When activated via the push of a button, in a traffic jam situation, the car's radar and cameras monitor lane markings and how far away the car is from the vehicle in front. It can then take over, moving forward when

space opens and slowing to a halt again in time with the traffic. The driver can take over at any time and the system monitors steering wheel interaction to make sure the driver is still alert and ready to step in if needed.

The second system being put through its paces is called Remote Park Assist, which enables the driver to park the car, via a key fob command, remotely. Standing outside the vehicle in a parking lot or underground garage, the car will be able to manoeuvre itself into a perpendicular space without any assistance. AFP

ELSEWHERE

Ford is by no means the only carmaker working on these types of systems. The latest **BMW 7 Series** will park itself remotely with the push of a keyfob button. Likewise, the **Volvo XC90** semi-autonomously drove the mayor of L.A. through rush-hour traffic on his way to the Connected Car Expo just four weeks ago.



Ford's Remote Park Assist lets you park your car by remote control. FORD MOTOR COMPANY



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MORE THAN THE COMPETITION



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The Pittsburgh Penguins announced winger Pascal Dupuis has been forced to retire due to a medical condition related to blood clots

IN BRIEF

Family of late player Montador suing NHL

The family of the late Steve Montador is suing the NHL over concussions and other brain injuries the defenceman suffered during his playing career.

The lawsuit alleges that the league collected data on concussions as far back as 1997 but failed to warn Montador about the dangers.

Montador died in February, and an autopsy showed the 35-year-old suffered from Chronic Traumatic Encephalopathy, a progressive degenerative disease that can be caused by repetitive brain trauma. THE CANADIAN PRESS

Warriors beat Pacers to improve to 23-0

The Golden State Warriors improved to 23-0 this season, with Klay Thompson scoring a season-high 39 points and Stephen Curry adding 29 points, seven rebounds and 10 assists Tuesday night in a 131-123 victory over the Indiana Pacers.

The defending NBA champs have won 27 straight dating to last season, tying the 2012-13 Heat for the second-longest streak in NBA history. The 1971-72 Lakers hold the record with 33 wins in a row. THE ASSOCIATED PRESS

Zobrist signs with Cubs

The Chicago Cubs and free-agent infielder Ben Zobrist have agreed to a four-year contract.

A person familiar with the negotiations says the contract is worth \$56 million.

Later Tuesday, the Cubs traded infielder Starlin Castro to the New York Yankees for right-hander Adam Warren and a player to be named. THE ASSOCIATED PRESS

Manziel placed back under centre by Browns

Browns quarterback Johnny Manziel is starting again after being benched for two games.

Manziel will make his fourth start this season on Sunday against the San Francisco 49ers, returning to the job he lost last month for off-field behaviour. THE ASSOCIATED PRESS

Hamonic is just what the Oilers need on back end



One of the biggest storylines hovering around the NHL right now is the fate of New York Islanders defenceman Travis Hamonic. A very good blue-liner with a very reasonable contract, Hamonic has an undisclosed personal reason for leaving the Islanders and has asked for a trade closer to Western Canada, where he and his family are from. This of course has Edmonton fans wondering if the minute-munching two-way blue-liner could become an Oiler.

Edmonton would not be the favourite — Winnipeg seems to be a better fit — but it's interesting to conjure up a potential trade for Hamonic, who would help the Oilers' defence corps in myriad ways.

The main stumbling block is that Islanders GM Garth Snow reportedly wants a blue-liner of similar skill to Hamonic (which is reasonable, since New York is a playoff team and would like to stay that way). Edmonton doesn't have anyone currently at par with Hamonic and the two players with such potential are Darnell Nurse and Oscar Klefbom — two



Islanders defenceman Travis Hamonic checks Josh Jooris of the Flames into the boards on Oct. 26 in New York. BRUCE BENNETT/GETTY IMAGES

building blocks that the Oilers need to hold on to.

So where do you go from there? Andrew Ference is pretty much done as an

NHLer, Justin Schultz is good at only one end of the ice and Mark Fayne is only good at the other end of the ice. The closest match

would be Andrej Sekera, who is a couple years older and comes with a bigger contract. But, from Edmonton's perspective, there's not

6

Hamonic's plus-minus rating. He is regularly paired with Nick Leddy.

enough net gain here: you need Sekera and Hamonic to be a better team.

A more realistic scenario would be a package deal of the blockbuster variety. For example, would the Islanders be more amenable to getting a less dynamic defenceman (Fayne, for example) for Hamonic if the Oilers also threw in a big-time forward — say, Jordan Eberle for the sake of argument.

To make the money work, the Isles could toss in pending free agent Kyle Okposo, who is playing better than Eberle right now, though I would prefer Eberle overall. If Edmonton could work a sign-and-trade with Okposo, even better — but at this point they have to gamble a little bit. After all, the team has potent offensive weapons, several of which haven't even peaked yet (Connor McDavid and Leon Draisaitl, for example). Defence is another matter altogether and Hamonic would make a world of difference in stabilizing the unit.

NHL

Cap predicted to rise \$3M

While the Canadian dollar continues to struggle, NHL revenues are up enough that the salary cap could increase by as much as \$3 million US for next season.

The Canadian dollar is currently worth 74 cents U.S., something that hurts the league when some of its most lucrative markets are Canadian. But commissioner Gary Bettman said speculation and commentary about the declining Canadian dollar is "a little off the mark" as business is still going well.

Board members said the early projection for the 2016-17 salary

\$74.5M

The early projection for the salary cap, up from \$71.4 million in 2015-16.

cap was about \$74.5 million, up from \$71.4 million. But that depends on several factors.

"When I give a number, they're all soft this time of year, so I don't want to pinpoint any number," Bettman said. "Don't take that to the

bank yet because it's early. It's only December."

A year ago the board was given a rough projection of \$73 million, but that was contingent on the Canadian dollar being worth 88 cents. It continued to fall.

The hike would be welcome for those who spend to the ceiling. Think about the Tampa Bay Lightning with captain Steven Stamkos still unsigned or the Los Angeles Kings, who are working to get a deal done with centre Anze Kopitar.

THE CANADIAN PRESS



Salary cap requirements led the Blackhawks to trade Patrick Sharp, pictured, Brandon Saad and Johnny Oduya shortly after they won the 2015 Stanley Cup. JONATHAN DANIEL/GETTY IMAGES

RECIPE Turkey and Sweet Potato Skillet



PHOTO: MAMA VISIONE

Ceri Marsh & Laura Keogh
For Metro Canada

The holidays are upon us but we can't survive on cookies alone. You're going to need the balance of some simple, healthy recipes. This one comes together in a snap.

Ready in
Prep time: 20 minutes
Serves 4

Ingredients

- 1 Tbsp olive oil
- 1 lb ground turkey
- 1 onion, diced
- 3 cloves of garlic, minced
- 1 1/2 Tsp chili powder
- 1 1/2 cups yellow pepper, diced
- 1 1/2 cups sweet potato, peeled and diced
- Salt and pepper
- 1/2 cup mozzarella, grated

Directions

1. In a large, oven-safe skillet, pour in oil, then brown your turkey over medium heat, breaking it up with the back of a spoon. Cook for about 5 minutes. Add the onions and garlic and cook for another 5 minutes until they are fragrant and begin to soften. Sprinkle the chili powder over top and stir.
2. Add the yellow pepper and allow it to soften for another 3 minutes or so. Stir in the sweet potatoes, cover and cook for about 10 minutes. Stir occasionally and add a bit of water if things dry out. Check to see that sweet potatoes are tender. Add salt and pepper to taste.
3. Sprinkle grated cheese.
4. Turn broiler on. Place the skillet under the heat for a minute or two until the cheese melts and just starts to brown. Remove carefully from the oven and serve.

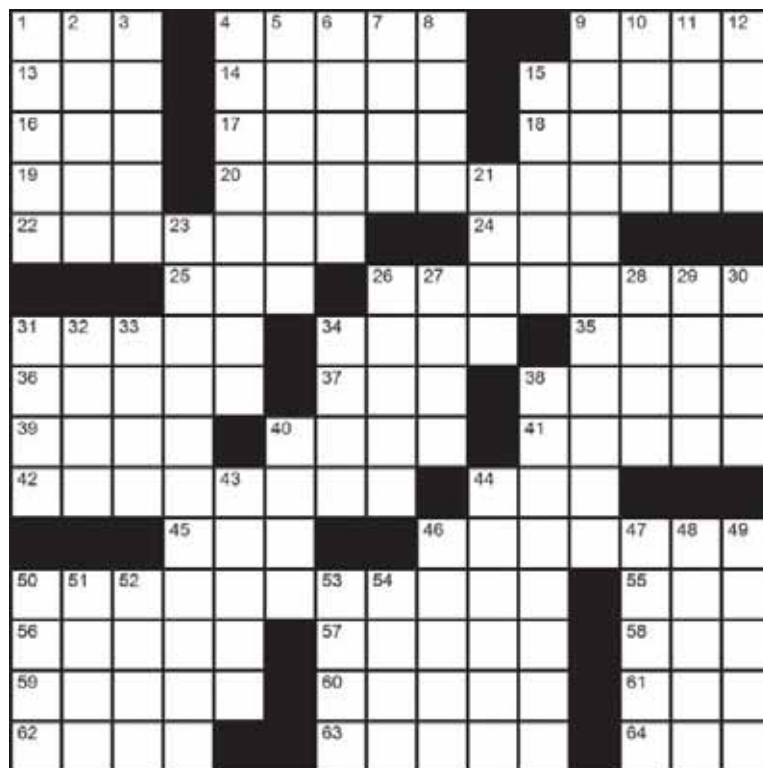
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Enjoyed the bench
4. Window material
9. Pear part
13. French vineyard
14. Montreal-based jazz vocalist Ms. Lee
15. Take care of, as arrangements: 2 wds.
16. Comedian Mr. James
17. Separated
18. "___ done now!" (Finished ...finally!)
19. Saguenay sidekick
20. Commander of the Royal Canadian Navy, ___ Mark A.G. Norman
22. Industrial Revolution creation
24. Standoff site in Quebec, 1990
25. "Growing Pains" Canadian star ...his initials-sharers
26. New Brunswick town on Chaleur Bay
31. UNESCO World Heritage Site in Jordan
34. Small horse
35. Sea lettuce
36. Winnebago owners, informally
37. Bonnet or derby
38. Stable tresses
39. Vintner's prefix
40. Salad or stirfry ingredient
41. Show anchored



- by Ben Mulroney
42. Internet Explorer, and others
44. Ms. MacGraw
45. "___ Devil" (1989)
46. Cloudiness
50. Late night host who does a Neil Young impres-

- sion: 2 wds.
55. Me: French
56. Benefit
57. Prefix to 'graphy' (Fancy writing)
58. Men's deodorant brand
59. Immense-ish
60. Functional
61. Mr. Bellows

62. Looped cross
63. Mischa Barton series: wd. + letters
64. Conclusion

DOWN

1. "Beat it!"
2. Wonderful whiff
3. Gladiator's

- garment
4. Solemnity
5. Rabbits, in Rilmouski
6. Has ___ up one's sleeve
7. Desert-like
8. ___ good example
9. Beaver = ___

- rodent
10. Rupture
11. French: Ici ___ (Here and there)
12. ___ Flanders (1722 Daniel Defoe book)
15. Latka's beloved on "Taxi"
21. "Finding Nemo" (2003) character
23. Big name in Canadian almanacs
26. Rake over the ___
27. Poker stake
28. Arm bone
29. Mr. Knievel
30. Chore
31. "No ___!" (Happy to oblige)
32. Best ___ (Great-est)
33. ___ 'clock (Coffee break time)
34. "___ Lap" (1983)
38. ___ (Bryan Adams duettist on "When You're Gone")
40. Rolling Stones guitarist Mr. Richards, affectionately to fans
43. Demurely
44. Mr. Creed (Rocky's opponent in the fight of his career)
46. "Kukla, Fran and ___"
47. Picture
48. Poison
49. Give way
50. Morning swig
51. Tennis great Mr. Lendl
52. Conceal
53. ___ above the rest (Better than)
54. Wood strip

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Today the important things in life, such as love and family, will come into focus and the not-so-important things, such as money and ambition, will be seen for the illusions they are.

Taurus April 21 - May 21
You will gain more in the long run if you help others as well as yourself. A good deed done now will pay off later, so act only in ways that bring smiles to other people's faces.

Gemini May 22 - June 21
You could come into money this week, but you may sabotage the situation if you get suspicious and wonder what people's motives are. They are not trying to trick you, they are trying to help.

Cancer June 22 - July 23
You will meet someone who attracts you today and while there may be nothing outwardly special about them on an inner level you just seem to fit together. Are you soul mates? Maybe, maybe not, but you are certainly on the same wavelength.

Leo July 24 - Aug. 23
Try not to make promises that you may have to break. Make no promises at all. If you feel that you must at the very least add a get-out clause.

Virgo Aug. 24 - Sept. 23
Get deeply involved in a cause that is close to your heart. It is not enough just to make a donation or cheer from afar, you have got to get personal. Roll up your sleeves.

Libra Sept. 24 - Oct. 23
Do more for yourself. Find ways to cut back on your commitments without making it seem as if you are abandoning friends and loved ones.

Scorpio Oct. 24 - Nov. 22
Relationships will go well today. There is something of the celebrity about you at the moment — heads turn in your direction wherever you go. Where did your star quality come from? Who knows, but don't waste it.

Sagittarius Nov. 23 - Dec. 21
Try to avoid people who always seem to be talking you down. If you want to feel good about yourself spend time with those who like you for who you are, not some impossible ideal of who you should be.

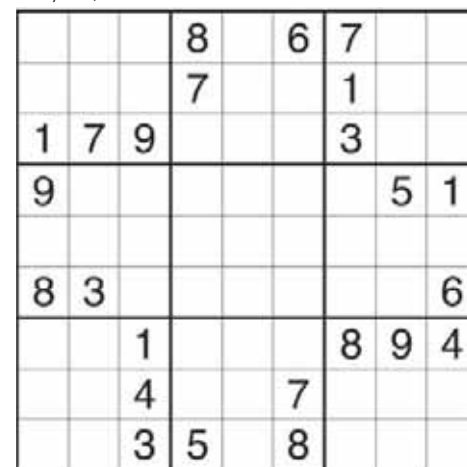
Capricorn Dec. 22 - Jan. 20
Make it your business to make other people feel good. Not only will it cheer them up but it will cheer you up as well. The more you mix with strangers the more alive you will feel.

Aquarius Jan. 21 - Feb. 19
Today's Sun-Uranus link means you are at your best and almost anything you turn your hand to will work out well. Make sure people in positions of power know who you are and what you can do.

Pisces Feb. 20 - March 20
You may be eager to prove yourself but be selective. Don't spread yourself too thin. Focus on what means most to you and aim to be the best at it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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Tiptronic Coupe



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2.0T Technik Quattro
Tiptronic Coupe



#N5108
\$59,160 +GST
2.0T Technik Quattro 8SP
Tiptronic Cabriolet



#N5114
\$50,560 +GST
2.0T Technik Quattro
Tiptronic Coupe

2015 Audi A3's



#N5027
\$40,550 +GST
2.0T Technik Quattro S
Tronic



#N5028
\$38,350 +GST
2.0T Technik Quattro S
Tronic



#N5032
\$40,200 +GST
2.0T Komfort quattro S
Tronic Cabriolet



#N5078
\$38,200 +GST
2.0T Technik Quattro S
Tronic



#N5084
\$39,250 +GST
2.0T Technik Quattro S
Tronic



#N5087
\$36,500 +GST
2.0T Progressiv Quattro S
Tronic



#N5096
\$27,530 +GST
1.8T Komfort FWD S Tronic



#N5110
\$39,750 +GST
2.0T Technik Quattro S
Tronic



#N5112
\$48,200 +GST
2.0T Technik Quattro S
Tronic Cabriolet



#N5121
\$40,590 +GST
2.0T Technik Quattro S
Tronic



#N5127
\$42,050 +GST
2.0T Technik Quattro S
Tronic



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